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Women's Meal Plan

Instructions

1. You may also use spices, seasonings, vinegar, lemon juice, mustard, horseradish, sugar free gelatin, and listed beverages as desired.
2. Take 1 multivitamin and drink at least 8 cups of water or non-caloric beverage daily.
3. Foods may be rearranged within one day to meet your schedule or personal preferences.
4. Use the Food Selection List to plan your Lean & Green Meal, fruit selection, and to create a shopping list.
5. Prepare food in Lean & Green Meal by baking, boiling, grilling, roasting or steaming. No frying!
6. Consume **ALL** Meal Replacements and Supplements as directed for optimum nutritional intake, support of lean muscle and curb hunger.
7. To ensure your success, use the Food & Activity Diary to document everything you eat and drink, as well as your daily physical activity.



MEALS	MENU ITEMS
Breakfast (7am-9am)	<ul style="list-style-type: none"> • 1 Focus28 Pudding/Shake or Smoothie • 1 Focus28 Breakfast • 1 Dairy or 1 Optional
Morning Snack (9am-11am)	<ul style="list-style-type: none"> • 1 Focus28 Pudding/Shake or Smoothie • 1 Fruit
Lunch (11am-1pm)	<ul style="list-style-type: none"> • 1 Focus28 Entrée or Soup • 1 Focus28 Protein Bar
Afternoon Snack (1pm-3pm)	<ul style="list-style-type: none"> • 1 Focus28 Pudding/Shake or Smoothie
Dinner (5pm-7pm)	<p>LEAN & GREEN MEAL:</p> <ul style="list-style-type: none"> • 1 Protein (4oz Very Lean or 3oz Lean) • 2 Vegetables, 1 Starch and 1 Optional
Evening Snack (7pm-8pm)	<ul style="list-style-type: none"> • 1 Focus28 Dessert or Hot Drink or Cold Drink

Daily Plan Totals	CALORIES	PROTEIN	CARBS	FAT
	1000-1200	126g-129g	112g- 137g	15-28g

1000-1200 Calories

Daily Servings:

- 3 Meal Replacements
- 3 Protein Supplements
- 1 Protein Bar
- 1 Lean & Green Meal (see Food Selection List)

Meal Replacements*

100-120 Calories • 15 Grams of Protein

Pudding Shakes: Chocolate Cream, Vanilla Cream, Mocha Cream, Strawberry Cream, CocoMint Cream.

Smoothies: Berry Yogurt, Strawberry Yogurt

Soup: Tomato Cream

Fruit Drink: Berry Blast

Protein Supplements*

60-130 Calories • 10-12 Grams of Protein

Meals: Oatmeal, Maple n' Brown Sugar, Apple n' Cinnamon Oatmeal, Cinnamon Crunch Cereal, Berries n' Chocolate Crunch Cereal, Hot Cakes, Vegetable Cheese Omelet, Creamy Mac Pasta, Creamy Alfredo Pasta, Zesty Chili, Vegetarian Joe, Tex Mex Veggie with Chik'n, Spicy Cheese n' Pasta, Chik'n in Tomato Sauce, Cheese Steak Macaroni, Beefy Vegetable Pasta

Soups: Vegetable Bean, Cream of Mushroom, Chicken with Noodles, Chicken Cream, Chicken Bouillon, Chicken & Vegetable Cream

Puddings: Lemon, Toffee Cream, Dark Chocolate, Classic Butterscotch, Chocolate Chip with Marshmallow, Caramel, Banana Delight

Hot Drinks: Raspberry Hot Chocolate, Mint Hot Chocolate, Hot Chocolate, Cappuccino

Fruit Drinks: Tangy Lemon, Cran-Grape, Kiwi & Berry, Wild Berry, Tangy Orange, Peach Mango, Grapefruit, Grape

Snacks & Desserts: Pretzel Bows, Milk Chocolate Crunchies, Cinna-Crunch 'n Chocolate, Sour Cream & Onion Snack Bites, BBQ Snack Bites, Cheddar Chips, Golden Dijon Chips, Double Chocolate Cake, Creamy Cheesecake

Protein Bar*

150-160 Calories • 10-15 Grams of Protein

10g Bar: Chocolate Peanut Butter, Cookie Dough, Peanut Butter Crisp, Marshmallow Chocolate Cookie, Creamy Peanut Butter, Creamy Cookie, Cinnamon Oatmeal Raisin, ChocoMint, Chocolate Coconut, Chocolate, Caramel Butter Pecan, Caramel Brownie Nut, Butter Toffee

15g Bar: Mint Cocoa, Dark Chocolate Marshmallow, Crispy Peanut, Crispy Fudge & Graham, Crispy Coffee, Crispy Cinnamon, Crispy Berry

*Flavors are subject to availability